

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Iron, Fe (mg)

Food Groups: Vegetables and Vegetable Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 05, 2015 14:44 EST

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11667	Seaweed, spirulina, dried	112.0	1.0 cup	31.92
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	10.36
11450	Soybeans, green, raw	256.0	1.0 cup	9.09
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	8.49
11240	Mushrooms, morel, raw	66.0	1.0 cup	8.04
11432	Radishes, oriental, dried	116.0	1.0 cup	7.81
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	7.00
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	6.43
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	6.43
11972	Lemon grass (citronella), raw	67.0	1.0 cup	5.47
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	5.10
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	4.92
11955	Tomatoes, sun-dried	54.0	1.0 cup	4.91
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	4.90
11961	Hearts of palm, canned	146.0	1.0 cup	4.57
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	4.50
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	4.50
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.45
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.45
11015	Asparagus, canned, drained solids	242.0	1.0 cup	4.43
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	4.17
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	4.17
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	4.08
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	4.08
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	3.99
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	3.95
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	3.95
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	3.84

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	3.84
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	3.76
11118	Cabbage, kimchi	150.0	1.0 cup	3.75
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	3.74
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	3.74
11297	Parsley, fresh	60.0	1.0 cup chopped	3.72
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	3.70
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	3.70
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	3.62
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	3.60
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	3.60
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	3.53
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	3.53
11212	Edamame, frozen, prepared	155.0	1.0 cup	3.52
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	3.45
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	3.45
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	3.43
11424	Pumpkin, canned, without salt	245.0	1.0 cup	3.41
11846	Pumpkin, canned, with salt	245.0	1.0 cup	3.41
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	3.39
11514	Sweet potato, canned, mashed	255.0	1.0 cup	3.39
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	3.32
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	3.20
11616	Dock, raw	133.0	1.0 cup, chopped	3.19
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	3.18
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	3.15
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	3.15
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	3.09
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	3.09
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	2.98
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	2.98
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	2.95
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	2.95
11613	Borage, raw	89.0	1.0 cup (1" pieces)	2.94
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	2.92
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	2.92

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11683	Carrot, dehydrated	74.0	1.0 cup	2.91
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	2.88
11011	Asparagus, raw	134.0	1.0 cup	2.87
11426	Pumpkin pie mix, canned	270.0	1.0 cup	2.86
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	2.86
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	2.85
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	2.85
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	2.82
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	2.80
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	2.74
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	2.74
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	2.73
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	2.73
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	2.72
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	2.72
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	2.71
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	2.71
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	2.71
11697	Arrowroot, raw	120.0	1.0 cup, sliced	2.66
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	2.61
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	2.60
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	2.56
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	2.55
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	2.55
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	2.51
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	2.51
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	2.50
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	2.50
11211	Edamame, frozen, unprepared	118.0	1.0 cup	2.49
11248	Lentils, sprouted, raw	77.0	1.0 cup	2.47
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	2.46
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	2.46
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	2.46
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	2.45
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	2.43
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	2.42

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	2.40
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	2.40
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	2.36
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	2.36
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	2.36
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	2.35
11549	Tomato products, canned, sauce	245.0	1.0 cup	2.35
11215	Garlic, raw	136.0	1.0 cup	2.31
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	2.28
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	2.27
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	2.27
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	2.27
11376	Potatoes, canned, drained solids	180.0	1.0 cup	2.27
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	2.27
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	2.25
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	2.23
11413	Potato flour	160.0	1.0 cup	2.21
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	2.18
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	2.18
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	2.17
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	2.16
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	2.15
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	2.15
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	2.14
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	2.14
11304	Peas, green, raw	145.0	1.0 cup	2.13
11349	Poi	240.0	1.0 cup	2.11
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	2.09
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	2.09
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	2.07
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	2.06
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	2.06
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	2.06
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	2.05
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	2.04
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	2.02

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	2.01
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	2.01
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	2.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	1.98
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	1.98
11987	Mushrooms, oyster, raw	148.0	1.0 large	1.97
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	1.97
11973	Beans, fava, in pod, raw	126.0	1.0 cup	1.95
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	1.91
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	1.91
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	1.91
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	1.91
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	1.91
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	1.90
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	1.90
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	1.90
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	1.89
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	1.89
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	1.88
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	1.87
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	1.87
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	1.86
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	1.86
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	1.86
11978	Peppers, ancho, dried	17.0	1.0 pepper	1.86
11980	Peppers, chili, green, canned	139.0	1.0 cup	1.85
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	1.85
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	1.85
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	1.84
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	1.82
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	1.80
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	1.79
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	1.77
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	1.77
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	1.77
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	1.71

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	1.71
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	1.71
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	1.70
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1.69
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1.69
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	1.68
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	1.68
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	1.66
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	1.65
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	1.64
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	1.63
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	1.63
11525	Taro, tahitian, raw	125.0	1.0 cup slices	1.62
11414	Potato salad, home-prepared	250.0	1.0 cup	1.62
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	1.62
11658	Spinach souffle	136.0	1.0 cup	1.62
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	1.60
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	1.60
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	1.60
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	1.60
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	1.60
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	1.59
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	1.59
11693	Tomatoes, crushed, canned	121.0	0.5 cup	1.57
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	1.57
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	1.57
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	1.55
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	1.55
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	1.54
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	1.53
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	1.53
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	1.51
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	1.51
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	1.49
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	1.49
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	1.48

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11230	Pepeao, dried	24.0	1.0 cup	1.47
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	1.47
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	1.46
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	1.44
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	1.44
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	1.43
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	1.40
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	1.40
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	1.40
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	1.40
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	1.39
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	1.39
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	1.38
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	1.38
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	1.38
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	1.37
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	1.37
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.37
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.37
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1.36
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	1.36
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	1.35
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	1.34
11231	Jute, potherb, raw	28.0	1.0 cup	1.33
11656	Corn pudding, home prepared	250.0	1.0 cup	1.32
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	1.32
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	1.29
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	1.29
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	1.28
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	1.26
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1.26
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	1.26
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	1.26
11122	Cardoon, raw	178.0	1.0 cup, shredded	1.25
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	1.24
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	1.23

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11098	Brussels sprouts, raw	88.0	1.0 cup	1.23
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	1.23
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	1.23
11362	Potatoes, raw, skin	38.0	1.0 skin	1.23
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	1.23
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	1.23
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.22
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.22
11190	Cornsalad, raw	56.0	1.0 cup	1.22
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	1.22
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	1.22
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	1.22
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	1.22
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	1.19
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	1.19
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	1.19
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	1.19
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	1.18
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	1.18
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	1.18
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	1.17
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1.17
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1.17
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	1.15
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	1.15
11618	Eppaw, raw	100.0	1.0 cup	1.15
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	1.12
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	1.12
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	1.12
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	1.12
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	1.12
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	1.12
11141	Celeriac, raw	156.0	1.0 cup	1.09
11080	Beets, raw	136.0	1.0 cup	1.09
11655	Carrot juice, canned	236.0	1.0 cup	1.09
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	1.08

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	1.08
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	1.08
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	1.08
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	1.08
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	1.08
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	1.08
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	1.07
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	1.07
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	1.07
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	1.07
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	1.06
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	1.06
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	1.05
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	1.05
43146	Eggplant, pickled	136.0	1.0 cup	1.05
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	1.04
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	1.04
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	1.04
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	1.03
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	1.03
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	1.03
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	1.02
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	1.02
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.02
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	1.02
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1.01
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1.01
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	1.01
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	1.01
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	1.01
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	1.01
11741	Broccoli, stalks, raw	114.0	1.0 stalk	1.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	1.00
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	1.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.99
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.99

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.98
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.98
11086	Beet greens, raw	38.0	1.0 cup	0.98
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.97
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.97
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.97
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.97
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.97
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.96
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.96
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.96
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.96
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.96
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.96
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.95
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.95
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.95
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.95
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.95
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.95
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.95
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.94
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.94
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.94
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.94
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.94
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.94
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.93
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.93
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.93
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.93
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.93
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.93
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.93
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.92
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.92

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.92
11527	Tomatoes, green, raw	180.0	1.0 cup	0.92
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.91
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.90
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.90
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.90
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.90
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.90
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.89
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.89
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.89
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.89
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.89
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.89
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.89
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.88
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.88
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.88
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.88
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.88
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.87
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.87
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.86
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.86
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.86
11427	Purslane, raw	43.0	1.0 cup	0.86
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.86
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.85
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.84
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.83
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.83
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.82
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.82
11457	Spinach, raw	30.0	1.0 cup	0.81
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.81
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.81

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.81
11601	Yam, raw	150.0	1.0 cup, cubes	0.81
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.81
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.81
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.81
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.81
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.81
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.79
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.79
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.79
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.79
11298	Parsnips, raw	133.0	1.0 cup slices	0.78
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.78
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.78
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.78
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.77
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.77
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.76
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.76
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.76
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.75
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.75
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.75
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.75
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.74
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.74
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.74
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.74
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.74
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.74
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.74
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.74
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	0.74
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.74
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.74
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.74

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.74
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.74
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.73
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.73
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.73
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.73
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	0.73
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	0.73
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	0.73
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	0.73
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	0.73
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	0.73
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.73
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.72
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.71
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.71
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.71
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.71
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.71
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.71
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	0.71
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.70
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.70
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.70
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.69
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.69
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.68
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.68
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.68
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.68
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.68
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.68
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.68
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.67
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.67
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.67

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.67
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.67
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.67
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.67
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.67
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.67
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.66
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.66
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.66
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.66
11090	Broccoli, raw	91.0	1.0 cup chopped	0.66
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.66
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.66
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.66
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.66
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.66
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.66
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.66
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.66
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.66
11986	Malabar spinach, cooked	44.0	1.0 cup	0.65
11203	Cress, garden, raw	50.0	1.0 cup	0.65
11003	Amaranth leaves, raw	28.0	1.0 cup	0.65
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.65
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.65
11147	Chard, swiss, raw	36.0	1.0 cup	0.65
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.65
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.64
11005	Arrowhead, raw	25.0	1.0 large	0.64
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.64
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.64
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.64
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.64
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.64
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.64
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.64

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.64
11520	Taro leaves, raw	28.0	1.0 cup	0.63
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.63
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.63
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.63
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.62
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.62
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.62
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.62
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.62
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.62
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.62
11278	Okra, raw	100.0	1.0 cup	0.62
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.62
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.62
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	0.61
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.61
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.61
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.61
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.60
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.59
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.59
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.59
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.59
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.59
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.58
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.58
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.58
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.58
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.58
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.58
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.57
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.57
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.57
11518	Taro, raw	104.0	1.0 cup, sliced	0.57
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.57

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.57
11976	Pepper, banana, raw	124.0	1.0 cup	0.57
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.57
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.56
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.56
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.56
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.56
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.56
11134	Cassava, raw	206.0	1.0 cup	0.56
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.55
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.55
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.55
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.55
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.55
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.55
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.55
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.55
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.55
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.55
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.54
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.54
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.54
11241	Kohlrabi, raw	135.0	1.0 cup	0.54
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.54
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.54
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.54
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.53
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.53
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.53
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.53
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.53
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.52
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.52
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.52
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.52
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.52

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.51
11963	Nopales, raw	86.0	1.0 cup, sliced	0.51
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.51
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.50
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.50
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.50
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.49
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.49
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.49
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.48
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.48
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.48
11154	Chicory roots, raw	60.0	1.0 root	0.48
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.48
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.48
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.47
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.47
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.47
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.47
11965	Cauliflower, green, raw	64.0	1.0 cup	0.47
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.46
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.46
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.46
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.46
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.46
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.46
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.46
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.46
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.45
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.45
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.45
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.45
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.45
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.45
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.44
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.44

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.44
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.43
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.43
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.42
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.42
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.42
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.42
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.42
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.42
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.42
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	0.41
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.40
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.40
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.40
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.40
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.40
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.40
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.40
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.40
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.40
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.40
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.40
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.40
11429	Radishes, raw	116.0	1.0 cup slices	0.39
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.39
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.39
11564	Turnips, raw	130.0	1.0 cup, cubes	0.39
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.38
11124	Carrots, raw	128.0	1.0 cup chopped	0.38
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.38
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.38
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	0.37
11974	Grape leaves, raw	14.0	1.0 cup	0.37
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.37
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.36
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.36

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.36
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.36
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	0.36
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	0.36
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	0.36
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.36
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	0.36
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.36
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.36
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.36
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.36
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.35
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.35
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.35
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.35
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.35
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.35
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.34
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.34
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.34
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.34
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	0.34
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.34
11282	Onions, raw	160.0	1.0 cup, chopped	0.34
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.34
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.34
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.33
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.33
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.33
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.32
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.32
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.32
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.32
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.31
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.31
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.31

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.31
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.30
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.30
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.30
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.29
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.29
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.29
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.28
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.28
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.28
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.28
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.27
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.27
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.27
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.26
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.26
11522	Taro shoots, raw	43.0	0.5 cup slices	0.26
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.25
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.25
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.25
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.25
43406	Yeast extract spread	6.0	1.0 tsp	0.24
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.24
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.24
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.24
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.24
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.24
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.24
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.23
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.23
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.23
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.22
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.22
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.22
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.22
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.22

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.22
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.22
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.22
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.22
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.21
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.21
11954	Tomatillos, raw	34.0	1.0 medium	0.21
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.21
11213	Endive, raw	25.0	0.5 cup, chopped	0.21
11143	Celery, raw	101.0	1.0 cup chopped	0.20
11943	Pimento, canned	12.0	1.0 tbsp	0.20
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.20
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.20
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.20
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.20
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.19
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.19
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.19
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.17
11161	Collards, raw	36.0	1.0 cup, chopped	0.17
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.17
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.15
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.15
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.15
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.15
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.15
11960	Carrots, baby, raw	15.0	1.0 large	0.13
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.13
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.13
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.13
11151	Chicory, witloof, raw	53.0	1.0 head	0.13
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.13
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.12
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.12
11975	Grape leaves, canned	4.0	1.0 leaf	0.12
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.12

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.11
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.11
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.09
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.09
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.09
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.08
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.08
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.08
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.08
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.07
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.07
11591	Watercress, raw	34.0	1.0 cup, chopped	0.07
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.06
11935	Catsup	17.0	1.0 tbsp	0.06
11949	Catsup, low sodium	17.0	1.0 tbsp	0.06
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.06
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.06
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.05
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.05
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.05
11156	Chives, raw	3.0	1.0 tbsp chopped	0.05
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.04
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.04
11145	Celtuce, raw	8.0	1.0 leaf	0.04
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.04
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.04
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.04
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.04
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.04
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.03
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.03
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.03
11959	Arugula, raw	2.0	1.0 leaf	0.03
11447	Sesbania flower, raw	3.0	1.0 flower	0.03
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.02
11984	Epazote, raw	0.8	1.0 tbsp	0.02

NDB_No	Description	Weight(g)	Measure	Iron, Fe(mg) Per Measure
11216	Ginger root, raw	2.0	1.0 tsp	0.01
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	0.00